



YOGA BOOT CAMP

WEDNESDAYS & FRIDAY MORNINGS

6:00 AM – 7:00 AM

COST: 4 CLASSES - \$35 / 8 CLASSES - \$60

SESSION 1: SEPT. 5TH – 28TH

SESSION 2: OCT. 3RD – 26TH

SESSION 3: OCT. 31ST – NOV. 30TH

SESSION 4: DEC. 5TH – 28TH

YOGA BOOT CAMP WILL FOCUS ON BUILDING **STRENGTH** AND INCREASING **FLEXIBILITY** THROUGH MINDFUL & CONTROLLED MOVEMENT. THIS CLASS WILL OFFER A SLOW & POWERFUL BUILD OF INTENSITY ENDING WITH FOCUSED **RELAXATION** & MEDITATION. MODIFICATIONS WILL BE TAUGHT IN ORDER FOR YOU TO MEET YOUR PERSONAL LEVEL OF FITNESS. BEGINNERS ARE WELCOME. STUDENTS SHOULD HAVE A BASIC LEVEL OF FITNESS & BE FREE OF MAJOR INJURIES OR ILLNESS. FOR SANITATION PURPOSES, PLEASE PROVIDE BRING YOUR OWN MAT.

SIGN UP FOR **YOGA BOOT CAMP TODAY!**

WWW.HUTTOTX.GOV

HUTTO PARKS & RECREATION DEPARTMENT

306 E. LIVE OAK ST., HUTTO, TX 78634 (512) 759-4000

